

# CULINARY DISCOVERY PAVILION

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MidwestLiving

## ZUCCHINI SOUP WITH FETA CHEESE

David Baruthio, Café Madeleine, Mediterranean Inspired

### INGREDIENTS

- 2 shallots, chopped
- 1 clove of garlic finely chopped
- 4 tablespoons (60 ml) grapeseed oil
- 4 small zucchinis, chopped into 1” (2.5 cm) pieces
- ½ teaspoon (2 g) curry powder
- ½ teaspoon (2 g) black pepper
- 3 cups (720 ml) vegetable stock
- 1 cup (240 g) heavy cream
- 1 cup (110 g) fresh feta cheese, cubed
- ¼ cup (7 g) fresh mint, chopped
- 2 tablespoons (30 ml) olive oil
- ½ cup (120 g) sour cream
- Handful of toasted almonds

### INSTRUCTIONS

In a large pan, sauté the shallots and the garlic in grapeseed oil until fragrant.

Add the zucchini, curry powder and pepper, and continue to sauté for 1-2 minutes.

Add vegetable stock until vegetables are just covered in liquid, then simmer for 10-15 minutes or until the zucchini is tender.

Pour the mixture into a blender (or use a hand blender) and puree. Transfer back the mixture into the pan.

Add the cream, stir, and allow to simmer.

While the mixture is simmering, combine the feta cheese and chopped mint in a clean bowl, drizzle with olive oil and, then stir until the oil has coated the cheese.

To serve, ladle the soup into serving bowls and add a dollop of sour cream, a few spoonfuls of the feta cheese mixture, and a garnish of toasted almonds.



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